

SCHOOL'S OUT PARENT HANDBOOK

Calvert Summer Day Camp 2015 Insert

OPEN HOUSE

We hope you will plan to stop by our Open House on **Thursday, May 14 from 5:30—6:30 p.m.** This is a great opportunity to meet our staff, ask questions, return forms, and become familiar with our facility. T-shirts, field trips listings, breakfast and lunch menus, and the first week's schedule will also be available.

ABOUT OUR SUMMER DAY CAMPS

Lincoln Parks and Recreation programs for children and youth are intentionally focused on increasing opportunities for physical activity, providing education about good nutrition and improving access to healthy food. "FUNdamental Healthy Me" Summer Day Camp is a perfect setting for learning the healthy balance of staying active while making smart food choices to help our bodies grow and develop in healthy ways through fun recreation activities. Activities include physical education, active play, archery, tennis, swimming, yoga, and gardening (in addition to other camp standards such as arts and crafts, music, reading, and more).

The results are promising. Almost 750 young people participated in Lincoln Parks and Recreation "FUNdamental Healthy Me" Summer Day Camps at eight locations last summer. Campers were tested on aerobic fitness, muscular strength and endurance, and flexibility. About two-thirds of campers who completed each test improved, and campers who had high attendance generally showed greater improvement than those who had low attendance. This is great news among reports that fitness gains made during the school year may be lost during the summer.

DAYS AND HOURS OF OPERATION

Calvert Day Camp operates Monday-Friday from 7:00 a.m. to 6:00 p.m. May 26—August 7. There will be no program May 25 and July 3.

WEEKLY SCHEDULES

Weekly schedules will be available on our web page at parks.lincoln.ne.gov (search: "Calvert Day Camp") and at our service counter every Friday for the following week. Daily schedules are posted in the recreation center. Schedules occasionally change, so please also watch for email updates and posted information at the center.

FUNdamental
healthy me

A focused program where youth grow

4500 Stockwell (68506) | 402-441-8480 | parks.lincoln.ne.gov



MEALS AND SNACKS

Calvert Day Camp partners with the Lincoln Lancaster County Health Department to offer free breakfast and lunch through the Summer Food Service Program. Breakfast is served from 8-8:30 a.m., and we cannot serve after 8:30 a.m., so please plan accordingly. We schedule two snacks per day that meet USDA nutrition guidelines. Campers may choose to bring their own breakfast and/or lunch that

is permanently labeled with their first and last name. Meals from home should be stored in insulated containers with self contained cold packs. *The center does not provide meal refrigeration or microwave use.* **IMPORTANT: Food service does not begin until Wednesday, May 27. Everyone must plan to eat breakfast before arriving on Tuesday, May 26 and bring a lunch for the day!**

VENDING MACHINE USE

Calvert campers are discouraged from bringing money to day camp; however, some families do choose to use vending machines to supplement meals from home. Vending machines are placed in the rec. center under a citywide contract and are neither owned nor operated by the center. While we have worked with the vendor in recent years to improve access to healthier vending options, our campers who bring money from home still face important real-world choices.

Each of our camps has a significant nutrition education component, we provide two nutritious snacks per day, and it is important to us that vending use also be in line with our FUNdamental Healthy Me program goals.

The following are Calvert Rec. Center's guidelines for vending use by campers:

- Permission to use vending machines is implied when campers bring money from home.
- We allow purchases from vending machines during scheduled lunch times, afternoon choice time, and at the end of the program day (after 4 p.m.). Only parents are allowed to make purchases for campers at any other time.
- Campers are encouraged to choose labeled "fit pick" items when they purchase snacks from vending machines.
- Campers are not allowed to use the vending machines at swimming pool during swimming outings.
- Staff document excessive snack purchases and follow up with parents.

HOT WEATHER PROCEDURES

Outdoor recreation activities are an important part of Calvert Day Camp and campers will go outside when it is hot. Our staff exercises caution when

Calvert FUNdamental Healthy Me Summer Day Camp 2015

facilitating outdoor activities on hot summer days and focuses on the prevention of heat-related illness by:

- teaching children to always drink plenty of fluids before and during any activity in hot, sunny weather—even if they aren't thirsty (everyone is encouraged to bring a water bottle permanently labeled with their name),
- avoiding heavy activity outdoors during the hottest hours of the day,
- teaching children to notify adults whenever they feel overheated, and
- insisting upon the use of sunscreen.

Our staff has also completed American Red Cross (or equivalent) First Aid training that includes preventing, recognizing, and properly responding to heat-related illness.

We know that high temperatures, combined with extremely high relative humidity levels, can make work and play outside dangerous for children and staff. Therefore, we substitute scheduled outdoor activities (except swimming) with indoor alternatives when the National Weather Service issues a Heat Advisory or Excessive Heat Warning.

SWIM AND FIELD TRIP DAYS

Swimming and field trips will be on the same days of the week for the entire summer. Field trip times vary, so please check the schedule and plan drop-off and pick-up accordingly. Campers need to wear their camp t-shirt on field trip days. If you are planning to arrive after 9:00 a.m. or pick up before 4:00 p.m., please call the center in case special arrangements need to be made. Swim times will be from 11:30 a.m.-1:00 p.m. Campers should wear suits beneath clothing on swim days. All campers need to bring a towel and sunscreen. Campers who have not turned seven (7) years old need to bring a booster seat (labeled with their name) with them to camp on both swim and field trip days.

SUN SAFETY

Please bring sunscreen and a water bottle from home that are each permanently labeled with your camper's first and last name. The American Academy of Pediatrics recommends a "broad-spectrum" sunscreen with a SPF (sun protection factor) of at least 15. A hat or cap with front facing brim is also suggested.

COLD/RAINY WEATHER SWIMMING GUIDELINES

Calvert Day Camp will swim as scheduled except when:

- the outside temperature is 69°F or cooler at 11:00 a.m.;
- thunder and/or lightning are present; and/or,
- there is steady rain at 11:00 a.m.

Forecasted rain, intermittent light rain, or drizzle will not alone cause a swimming outing to be cancelled. Please always send swimming gear on scheduled swimming days!

CAMPERS WHO WALK OR BIKE HOME FROM CAMP

Campers who walk to and from camp will require special written permission to leave the premises without an escort. This form can be requested at the rec. center office.

SCREEN TIME

Health experts recommend children and families limit their "screen time" to fewer than 2 hours per day. Calvert Day Camp is a TV-free zone. Computer and educational video use are limited to enrichment programming only for purposes that support specific program goals.

WIRELESS INTERNET

Calvert Recreation Center offers wireless Internet as a service to the public. Wireless Internet is filtered and use is not monitored. Campers are asked not to bring personal handheld electronic devices (e.g., cell phones, tablets, e-readers, etc.), but if they do, parent/guardian permission to access the Internet is implied.

THINGS TO BRING TO CAMP

Campers need tennis shoes and sunscreen every day. Water bottles are recommended. Items from home should be permanently labeled with your camper's name.

THINGS TO LEAVE AT HOME

Please do not bring cell phones, tablets, or other electronic devices, toys (including trading cards), or any valuable/sentimental items from home. We are not responsible for lost, stolen, or broken items.

LOST AND FOUND

Please check the Day Camp lost and found table located in the front hallway. Items remaining at closing time each Friday will be placed in storage. Any items left unclaimed at the end of the summer will be donated to a local charity.

